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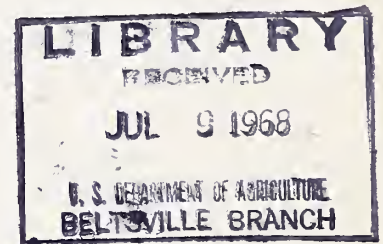


AGRICULTURAL MARKETING

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GO PRIMITIVE
IN MEAT COOKERY

C&MS Personnel Spotlight on OFFICER-IN-CHARGE OF COTTON CLASSING OFFICE

MEET DENNIS F. McNabb, Officer-in-Charge of the Cotton Division's classing office in Jackson, Mississippi.

Since he took over as Officer-in-Charge 2 years ago, at the age of 33, the Jackson office and two seasonal offices under his supervision have classed samples of cotton representing 750,000 bales—*having an estimated value of nearly \$100 million.*

Since Dennis joined the Cotton Division of the U.S. Department of Agriculture's Consumer and Marketing Service 10 years ago, he has learned that it requires a lot of hard work and training to become a cotton classer and an Officer-in-Charge of a classing office.

"When I graduated from Oklahoma State University in 1958, I thought my school days were over for good," Dennis recounts. "But

shortly after coming to work with the Cotton Division, I found myself right back in school, this time taking an intensive C&MS cotton classer training course. I learned that becoming a cotton classer requires a keen eye, sensitive hands, and a lot of good judgment."

Dennis combines these three attributes—keen eye, sensitive hands, and a lot of good judgment—in carrying out his duties. These center around the two-fold responsibility of supervising cotton classers assigned to the Jackson office and in administering Cotton Division programs in his geographic area of South and Central Mississippi.

Dennis' duties also take him into the field to talk directly with ginners, farmers, cotton merchants and agricultural leaders. These field trips afford Dennis the opportunity

to meet with civic and trade organizations about C&MS programs.

The Jackson office which Dennis heads is similar to the 29 other permanent classing offices which C&MS' Cotton Division operates. The main purpose of these classing offices is to help maintain an orderly and efficient marketing system for the cotton industry. To accomplish this, they class cotton for producers, merchants, mills, and other interested parties requesting the service and provide market news on cotton prices, quality, and demand. Cotton is classed primarily for grade (including color), staple (length of fibers), and micronaire (fineness of fibers).

Last year, C&MS' Cotton Division classed 18 million bales of cotton. Dennis McNabb helped make this impossible job possible. □

Cover Story

Barbecuing—with meats and poultry inspected for wholesomeness by C&MS—is variety cooking at its best. See page 7.



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HOW TO DEBONE CHICKEN BREASTS

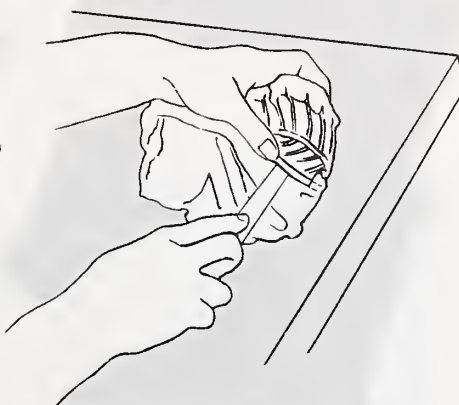
Many recipes call for deboned chicken breasts—but how to remove the breast bone? For ease in boning, use a knife with a thin, sharp blade. The thinner and sharper the blade, the easier the boning.

And remember, to get the most for your money, buy poultry that has been inspected for wholesomeness and graded for quality by the U.S. Department of Agriculture's Consumer and Marketing Service. Federal inspection is mandatory for all poultry processed in plants dealing in interstate commerce. Grading is a C&MS fee-for-service voluntary program. Poultry bearing the U.S. Grade A shield is the highest quality.



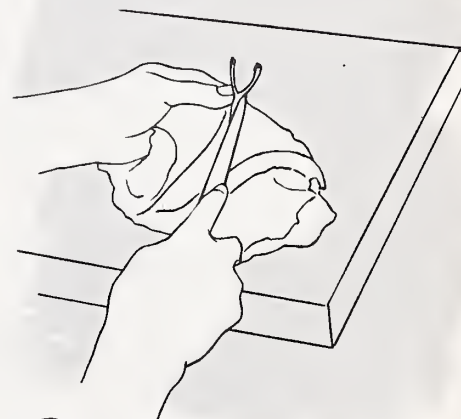
1

Place chicken breast, skin side down, on cutting board. With the knife, cut just through white gristle at neck end of keel bone—the dark bone at the center of the breast. Bend back and press flat to expose the keel bone. Then loosen the bone by running the tip of your index finger around both sides of the bone and remove it in either one or two pieces.



2

Working with one side of the breast, insert the tip of the knife under the long rib bone working the knife underneath the bone, cutting it free from the meat. Then cut the meat from the rib cage by cutting around the outer edge of the breast up to and through the shoulder joint, thus removing the entire rib cage. Turn the breast around and repeat the method on the other side.



3

Now, working from the ends of the wishbone, scrape the meat away from each piece of the bone, then cut out the wishbone. Slip the knife underneath the white tendons on either side of the breast to loosen and pull out. The skin can be removed if desired and used with the bones as stock for soup. □

Sketches and instructions courtesy of the National Broiler Council.

Sound Bodies, Sound Minds, Clean Plates

With a little imagination, some labor of love and USDA-donated foods, school lunch personnel in Acworth, Ga., provide low-cost, nutritious, well-planned, and varied meals for their hungry clientele.

ACWORTH Elementary and North Cobb High School are located about three miles apart in a little town with only one traffic light, narrow streets, few stores and much charm. It takes about 45 minutes to drive from downtown Atlanta to either of these two schools but the drive transports the visitor into, if not another world, then a world which is quite removed from the hustle and bustle of a growing and prosperous metropolitan city.

Acworth, Georgia, is a town Henry Thoreau might have wished to visit had he not chosen Walden Pond instead. It, too, has a good-sized body of water, a lake, famous in those parts for its excellent fishing, boating and swimming facilities.

Most people will agree that, especially where children are concerned, sound bodies, sound minds and clean plates are important to the building process which turns students into good citizens.

Clean plates? Yes. For who will argue over the importance of a good diet in the proper physical and mental development of a child?

Stressing the importance of good eating habits in school is one thing. But getting children to eat properly when meal prices are high or the variety of food is limited is quite another.

Therefore, to provide low-cost, nutritious, well-planned meals with varying menus but constant high nutritional value, Acworth Elementary and North Cobb High School make abundant use of USDA-donated foods.

With a little imagination and the labor of love of dedicated lunchroom personnel, donated peanut butter is transformed into a delicious topping for oven-baked chicken and is used as a major ingredient in cakes and brownies; ground beef is made into

hamburger patties to go between school-baked rolls made with donated flour, nonfat dry milk and shortening; purchased eggs are made more nutritious by scrambling and combining with donated canned, chopped meat; donated cheese and the ground beef combine well for a tasty meat loaf; the taste and nutritional value of pizza is enhanced by use of donated flour, nonfat dry milk, shortening and cheese; raisins are used abundantly in salads and desserts; donated tomatoes are combined with a little sugar and stewed into a tasty side dish, and on and on.

The success of a food program can be measured by the number of participants.

At Acworth Elementary, Principal Joe Hayes is proud that over 90 per-

cent of the almost 900 children eat lunch at school. North Cobb Principal H. D. Allen calls the 75 percent participation of some 500 students in his school a credible figure when one considers the unpredictable eating habits of teenagers.

Children, who because of their economic situation cannot afford to pay for their lunches or who can afford to pay only part of the price, are not overlooked. Approximately 25 percent of Acworth's enrollment benefits from reduced cost or free lunches. At North Cobb, the figure is about 6 percent.

To eliminate any embarrassment some children might feel over receiving free lunches, North Cobb High has developed a "ticket system" whereby each student who wishes to

Even teenagers—with their unpredictable eating habits—enjoy these school lunches.



livestock marketing— tomorrow

eat lunch at school purchases a ticket, good for the entire week. Those without the means to purchase such a ticket are given one free and all students' tickets are punched after entering the lunchroom.

Principal Allen says that those students receiving free lunches are a highly motivated group of young people. All of them have offered to work in the lunchroom so that they might feel they are doing something to exchange for the free lunch they receive. These students work with paying, volunteer students in the serving line, in the kitchen and at the cashier's table.

Mary Nix, who is in charge of the lunchroom at North Cobb, is proud of that school's participation record and aims to do even better.

One of the ways she plans to improve participation is through contests which get the students, as she says, to "think school lunch."

On February 14, for example, she had a "find the cupid" day. Students who ate lunch at school that day were to look under their plates. If they found a cupid on the bottom, they won free ice cream. The result: over 400 students ate lunch at school on Valentine's Day.

One of the most impressive aspects of the school lunch programs at these two schools was how far a little imagination in planning and preparing USDA-donated foods can go to increase the nutritional level of and the participation in any school lunch program anywhere.

The methods used by these two Georgia schools are not unique. These and many other methods are used nationwide to encourage children to eat better. When they eat better, their opportunity for learning is increased. When they learn more, their opportunity for becoming better citizens is assured. □

A MORE orderly system of livestock marketing is on its way, a leading economist predicted recently, which will necessitate drastic changes not only in farmer attitude but in Federal and State service programs.

"The doctrine of independence that livestock farmers have cherished is not fully compatible with today's world," Professor Harold F. Breimyer of the University of Missouri told participants at the Midwest Marketing Service Workshop, "and more use of various forms of organization in marketing is inevitable."

Held in Kansas City, Kan., this was one of four regional workshops sponsored this spring by the Consumer and Marketing Service of the U.S. Department of Agriculture, the National Association of State Departments of Agriculture, and the National Association of Marketing Officials. Theme of the workshop centered about marketing information and market development for meat and livestock.

In his theme address, Professor Breimyer pointed up the rapidly changing nature of the livestock marketing field—and some of the changes which must take place to meet the demands of tomorrow's world.

Market services—which he identified as: providing information, standardizing products, maintaining competition, and preventing fraud—"are going to have to attain a higher degree of exactness than was required in the past."

Among examples of improvements needed, he listed:

***Tighter grade standards—such as USDA's beef yield grades.

***More exact market news reports.

***Better and more reliable control over grade and yield selling—

such as the recent rules announced under the Packers and Stockyards Act.

***More complete statistics on production and marketing of livestock.

"Grades and standards are important in a modern marketing system," Professor Frank H. Baker of the University of Nebraska told the 70 marketing specialists and producers attending the meeting. He pointed out that grade standards are a means of communication—"an important dimension in creating value for a product."

He stressed the need for accurate and reliable grade certification for feeder pigs and cattle as a prime means of developing better markets. "The probability of a high level of satisfaction by both buyer and seller is greater when grades and standards are accurate and well understood," he told the group.

Three livestock producers told the group what they looked for in the way of marketing services. One, Robert E. Alford of Girard, Ill., called for: standardized grade and weight terminology, more widespread use of automatic telephone answering devices for market news, more background on market news reports (the "why's" of price changes), and correlation between live price quotations and carcass grade-and-yield prices.

Other speakers at the workshop described various market promotion and marketing information services provided by Federal and State agencies.

Workshop participants called for a program to study the regional movement of livestock. The project would test methods of collecting data on the origin and destination of feeder pigs and cattle within and between States. □

PROGRAM AIDES FOR FOOD STAMP PROGRAM

By personal contact with food stamp eligibles, C&MS Program Aides help dispel misunderstanding and distrust—and increase participation.

USDA's FOOD STAMP message—more and better food for low-income families—is being delivered personally by Food Stamp Program Aides.

The Program Aides, employed by the U.S. Department of Agriculture's Consumer and Marketing Service, visit households that may be eligible to receive food stamps, but who for some reason are not participating.

USDA began using Program Aides to tell the food stamp story in three counties in Mississippi on a pilot basis last summer. The three-county test was later expanded to include all 36 food stamp counties in the State. To broaden the test, Aides were later added in four other project areas: Baltimore City, and Talbot County, Maryland; Taos County, New Mexico; and Franklin Parish, Louisiana.

An analysis of the test area shows that about 25 percent of the June-December 1967 increase in the number of participating households probably resulted from Program Aide activities. In general, Program Aide results in other areas of the country were about the same as in Mississippi. The major impact on participation appears to be in the first three months Program Aides are employed.

At the peak of the test program, about 150 Aides were interviewing low-income families and acquainting

them with the Food Stamp Program. In general, most of the people employed as Program Aides find the work rewarding and interesting. Many of them express appreciation for the opportunity to help other people eat better.

As originally intended, Program Aides help to dispel misinformation and distrust within the entire community—both through the house-to-house visits and through contact and association with organizations. In addition to general public relations values, this improvement of understanding has certainly contributed to the participation gains.

Most community and church groups working with the low-income residents reacted favorably to the Program Aides. Civil rights organizations generally applauded the idea and accepted Aides as evidence of sincere interest in the local people and in helping them through the Food Stamp Program.

One of the Aides from Maryland reported: "Many of the people I've seen are glad to see that somebody takes interest in them to see that they can eat more and better food. They're especially interested in hearing about how the Program lets them exchange their monthly food money for food stamp coupons worth more. Many people had misconceptions about the program. One elderly lady thought they were trad-

ing stamps and had already collected three food stamp coupon booklets."

One of the Washington County (Mississippi) Aides arranged to have a housewife transported to the Food Stamp Office. The lady had recently broken her leg and it was still in a cast. She made application and was certified on the spot. Now this housewife and her 11 children can get food stamps.

One Coahoma County Aide reported that an elderly man whom she identified as an "Old Goat" because he was originally so uncooperative and said he "didn't eat that much," now admits he does need more and better food. He has made application for food stamps.

One Baltimore City Aide got into a home without being invited. She slipped on some ice on the top step and literally fell in the front door. Once inside, she was able to tell her story to the surprised occupant who then agreed to visit the welfare department and re-apply.

The officer-in-charge in Taos County, New Mexico, expressed satisfaction with the ability of four new Aides. All are food stamp recipients and all are fluent in Northern New Mexico Spanish.

An Aide in Quitman County (Mississippi) reported that an elderly lady she called upon said: "Honey, I'm so glad you told me about food stamps that I could kiss you."

Several Mississippi families felt that the Food Stamp Program afforded them the first real Christmas they had ever known. Tunica County Program Aides reported that many families exclaimed: "For the first time we will have cakes, meat and all the trimmings. Christmas will be a real Christmas this year."

Although it may be too early to fully assess the value of the Aides, the program so far has pointed out the effectiveness of person-to-person contacts. Not only has it meant an increased food purchasing power for many people, but it has also provided the Aides with employment which they may not otherwise have had. Indirectly, it has also benefited the area's food merchants through increased sales. □

Maryland Aide checks with her Food Stamp Officer-in-Charge (left) then explains the program.



NOW'S THE TIME TO GO PRIMITIVE IN MEAT COOKERY

Here are some tips for successful barbecuing of poultry and red meats.

By Sara Beck

DESPITE THE influence of the space age into many areas of our daily life, a primitive method of cookery—barbecuing—continues to gain in popularity.

Every year more families move outdoors to mix the fresh air with the good taste of meat cooked over coals.

An infinite array of modern meats—produced, processed, inspected, and marketed with the benefit of space-age technology—makes outdoor cooking and eating easier, more fun, and safer today than has ever been the case since the age of our cave-man counterparts.

Consider, for instance, the little round inspection symbol. It represents the U.S. Department of Agriculture's assurance that the poultry or red meats bearing it have been inspected and found wholesome. But it means more than that. You can be sure, too, that the meat came from healthy livestock and poultry, was processed under strict sanitation, and is truthfully labeled and properly packaged.

With such assurance from meat and poultry inspectors of USDA's Consumer and Marketing Service, select your meat for the grill. In making this selection, take advantage of USDA grades for quality guidance. They're assigned to inspected meat and poultry by C&MS graders who grade the meat on the basis of nationally uniform quality standards. If you see the grade mark of quality, you know the meat and poultry also have been inspected for wholesomeness.

Then, let your imagination go wild because barbecuing is variety cooking at its best. Variations range from cooking whole sides of beef

for hours over a bed of coals to heating franks for ten minutes in a zesty sauce.

Can you count the ways to barbecue turkey, chicken, or duck? Cut it in quarters, split it in halves, spit-roast it whole, and try a different marinade or basting sauce each time for new-flavor variety. Poultry bearing U.S. Grade A in a shield is your best selection when buying if you want it to be meaty and attractive.

Hot dogs and hamburgers are favorite easy-to-fix items. Lamb and pork offer a change from usual barbecue fare and a wide choice of cuts for outdoor menus.

Shish-kebabs are ideal for outdoor cooking. You can put just meat on the skewer, or you can combine meat with vegetables, fruit, or both. Make all the pieces uniform in size, so they'll cook or heat through uniformly. Keep the pieces close together if you want rare meat—or apart, if you want the meat well done and the other foods crisp.

Steaks are an all-time favorite for grilling. Buy them at least an inch thick. The best grades are USDA Prime or USDA Choice—stamped within a shield on the outer fat of the meat itself. If you pick sirloin, porterhouse, T-bone, club, or rib steaks bearing these top grades, you can be sure that, properly grilled, they will turn out tender, juicy, and flavorful.

If you select the less tender cuts—blade or arm chuck, round, or flank steak—the best bet for barbecuing is to tenderize them first. To do this, marinate them with a mixture of oil, seasonings, and lemon juice, vinegar, or tomato juice—or use a commercial tenderizer. Meat should be refrigerated during marinating, but give

it a few minutes to lose its chill before grilling.

Now, for the sauce. The most popular base for a tart sauce is made from tomatoes—like sauce, paste, or puree. To this you can add vinegar or citrus juices. For seasonings, add condiments, spices, and herbs. Include smoke-flavored salts or "liquid smoke" if you desire a smoky flavor. Long slow cooking of the sauce thickens it and mingles the flavors.

That delicious charcoal taste we associate with outdoor cookery is produced when fats and other meat juices drop onto a hot fire, causing it to flame up and char the meat. But newcomers to the "sport" of outdoor cookery often make the mistake of allowing flames to get out of hand, to the detriment of the meat as well as their own safety.

The secret of success is a good bed of coals—white hot, without flames. You reduce the heat by raising the grill or rotisserie, by spacing the coals wider apart, or occasionally sprinkling water on the coals. Low to moderate temperatures get the best results.

For smoke flavor use chips of such woods as hickory, oak, apple, and cherry. For maximum smoke and minimum burning of the chips, soak them in water for an hour or so before you use them. Then, add a few at a time to the charcoal while you're cooking, replacing those that flame up with wet chips.

With practice, you'll be producing results that would be the envy of any caveman chef! □

The author is a consumer specialist, Information Division, C&MS, USDA.



Tasty menu ideas with USDA donated foods

How One Family Benefits fr

"THAT'S MY special milk," says 5-year-old Tony Machado proudly, watching his mother mix water with the nonfat dry milk donated by the U.S. Department of Agriculture.

"The kids love this milk I mix," says Mrs. Elizabeth Machado, smiling approvingly as she stirs the milk in a big pitcher. "I use all the Government donated foods I get. They're a big help."

She and husband Edward Machado, a factory laborer, live with their four healthy young children in a rented two-story frame house on the outskirts of Mansfield, Connecticut. Every workday, he drives the '62 compact model car 66 miles round trip to his night shift job at a plant in East Hartford, where he has been working for about the last year and a half.

The Machados have a close family spirit of cooperation and helpfulness. They manage their limited income with great care to provide the best possible family life for themselves and the children. Luxuries are those they make for themselves, like breakfast in bed for mother on Sunday morning. Six-year-old Pamela, the eldest, helps her father fix breakfast.

A few months ago the Machados learned they were eligible for food donations through the Windham area Community Action Program (WACAP), the local agency carrying out USDA's Family Food Donation Program. Every month when the WACAP mobile distribution unit comes to Mansfield, the family drives three miles to town to pick up their allotment of 94 pounds of food worth about \$30. In the packages

are canned meat, peanut butter, cheese, beans, dry milk, butter, shortening, raisins, oat meal, cornmeal, flour, and rice. They're good staple foods, packed under USDA inspection, and they mean real tangible help in supplying food for the family's meals.

Mrs. Machado follows the food ads and shops once a week, sometimes in more than one store to get the best buys. In making up her shopping list she keeps in mind the donated foods she has on hand and notes the other foods she needs to buy like chicken, fish, meat, fruits and vegetables. Often the whole family goes along on a food shopping trip. Like all children, the lively Machado youngsters ask for sweets in the store, but their mother wisely and firmly says "No" because they will have a snack later on at home.

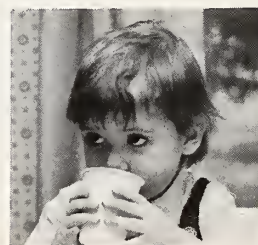
The afternoon snack of homemade oatmeal cookies and milk is part of the day's routine the Machado children look forward to. Their mother says she loves to bake and uses the flour and cereal products to excellent advantage in bread as well as cookies and cake. For example, her oatmeal cookies combine several donated foods—oatmeal, flour, raisins, milk and shortening. To complete the recipe for about 3 dozen cookies, she adds about 13 cents worth of other ingredients: sugar, baking powder, an egg and some grated orange rind.

With their cookies, the Machado youngsters have milk to drink which mother mixed the day before from donated dry milk. "I mix it in warm water and then chill it in the refrigerator overnight," Mrs. Machado points out. "I wouldn't drink



The Machados pick up their monthly allotment of 94 pounds of food worth about \$30.00—staple foods which help Mrs. Machado provide nutritious, attractive meals for her family.

**Windham Area Community Action Program in Willamantic, Conn. See June 1968 AGRICULTURAL MARKETING, "Community Action Gets A Food Program."*



from WACAP's* Food Service

warm milk myself and I don't expect my kids to."

Dinner is the main event of the day, when the whole family sits down to eat together, before their father leaves for his night job. From Mrs. Machado's own list of family favorites, here is a sample menu showing how much the USDA foods can help out in one meal.

Meat Loaf
Canned Peas
Tomato-Macaroni casserole
Cornmeal muffins and butter
Peanut butter cake
Milk

Since donated foods are used extensively in this menu, Mrs. Machado uses only about 84 cents worth of other foods to round out the meal. The meat loaf is made from donated canned chopped meat combined with some 14 cents worth of other ingredients: an egg, onion, and crushed saltine crackers. A can of peas costs about 20 cents. The tomatoes and macaroni for the casserole cost Mrs. Machado about 29 cents and she adds some grated cheese from her stock of donated foods. She makes the cornmeal muffins with donated foods—cornmeal, flour, fat and milk—to which she adds about 5 cents worth of baking powder, sugar and an egg. For dessert, there is an unusual special-



ty—white layer cake frosted with donated peanut butter. The children enjoy it and the peanut butter provides important food value. The cake too, is made largely from food donations, with some 16 cents worth of sugar, eggs, baking powder, and vanilla flavoring added. In total the menu adds up to an appealing, nourishing meal at minimal cost.

Of course, the percentage of donated foods Mrs. Machado is able to incorporate into her menus varies from day to day. But month in and month out these basic and versatile foods make a consistently valuable contribution to the diets of the Machados and the 3.4 million other low-income Americans helped by the Family Food Donation Program.

STATE MARKETING ACTIVITIES

Twelve States participated in the U.S. Food and Agricultural Exhibition in Tokyo this spring, considered to be one of the largest U.S. food sales promotions ever held in the Far East.

Commodities on display included instant yam flakes from *North Carolina*, maple syrup from *Pennsylvania*, popcorn from *Maryland*, cheese from *Wisconsin*, frozen vegetables from *Minnesota*, wheat from *North Dakota*, soybeans from *Iowa*, frozen fruit from *Michigan*, poultry parts from *Mississippi*, canned meats from *Nebraska*, vegetable protein products from *Illinois*, and beef cuts from *Colorado*.

Some of these States have foreign market development programs under Matching Fund cooperative agreements with USDA's Consumer and Marketing Service. □

Most of the persons receiving the Missouri Daily Market Summary ranked this report as the most valuable single source of cross-commodity market information, a recent survey revealed.

The report is a daily summary on market prices, supply, and demand issued by the *Missouri Department of Agriculture* in cooperation with the U.S. Department of Agriculture's Consumer and Marketing Service.

The survey also revealed that while most (75 percent) used the report to "keep posted on market trends," a surprisingly high percentage (23 percent) reported they use the Summary for pricing their product or for deciding where to buy or sell. □



U.S. and Canada Team Up to Inspect Grain

Cooperative grain sampling and inspection along the St. Lawrence assures foreign nations of a continuous supply of grain that meets C&MS quality standards.

By J. L. O'Brate

THEY COME from America's breadbasket, lumbering their way up through the famous channel called the St. Lawrence Seaway to the Gulf of St. Lawrence near Anticosti Isle—"lakers" (or ore boats), loaded to the brim with their precious golden cargoes of grain for export to distant lands.

They come from as far away as Duluth and Superior on the western edge of Lake Superior; from Milwaukee and Chicago, kissing the shores of Lake Michigan; and from Toledo, at the westernmost tip of Lake Erie.

These lakers are headed for Canadian ports up to 1,800 miles away—to Montreal, the jeweled city of skyscrapers nestled by the mighty St. Lawrence; to Trois Rivières, the city of "Three Rivers;" to Quebec City, Baie Comeau, and Port Cartier, home of the newest export grain elevator along the St. Lawrence.

Here, at these picturesque French-Canadian ports, grain is transferred into some of the world's biggest elevator houses before being loaded onto oceangoing vessels.

(The lakers, meanwhile, pick up return cargoes of newsprint from Trois Rivières and Baie Comeau and iron ore from the vast mining areas of Schefferville and Gagnon several hundred miles to the northeast of Baie Comeau and Port Cartier. The lakers deliver the newsprint and ores to American publishers and smelting centers located along the Great Lakes—completing a full circle of picking up newsprint and iron ore in Canada and returning with grain from the U.S.)

Before any U.S. grain can be exported by grade to other nations, however, it must be officially sampled and inspected, if it is shipped

from a place where a licensed inspector is located. This certification of U.S. grade provides a language of trade understood around the world. Along the St. Lawrence, this important procedure is accomplished through a joint agreement between the United States and Canadian Governments.

The author is Assistant Chief, Grain Inspection Branch, Grain Division, C&MS, USDA.

The U.S.-Canadian agreement dates back to 1959. The agreement, which helps facilitate the marketing of U.S. grain through export channels, works this way.

*Canadian samplers, who work for the Board of Grain Commissioners for Canada, sample U.S. grain according to procedures spelled out in the U.S. Grain Standards, and under U.S. Department of Agriculture supervision.

*Federal agricultural commodity graders, working for USDA's Consumer and Marketing Service, perform the actual inspection work and are assigned to various Canadian ports. Inspectors in Montreal, for example, perform inspection work in that city and are on call for inspection work in Trois Rivières and Quebec City. Other inspectors are assigned to Baie Comeau and also work in Port Cartier, when needed.

Inspection laboratories are maintained at each port. Grade certificates are transmitted to the buyers and sellers of grain who request inspection services. Inspectors assigned to Canada are given a tour of duty—usually not lasting more than two to four years—special compensation for foreign assignments, and housing allowances. They get help at times

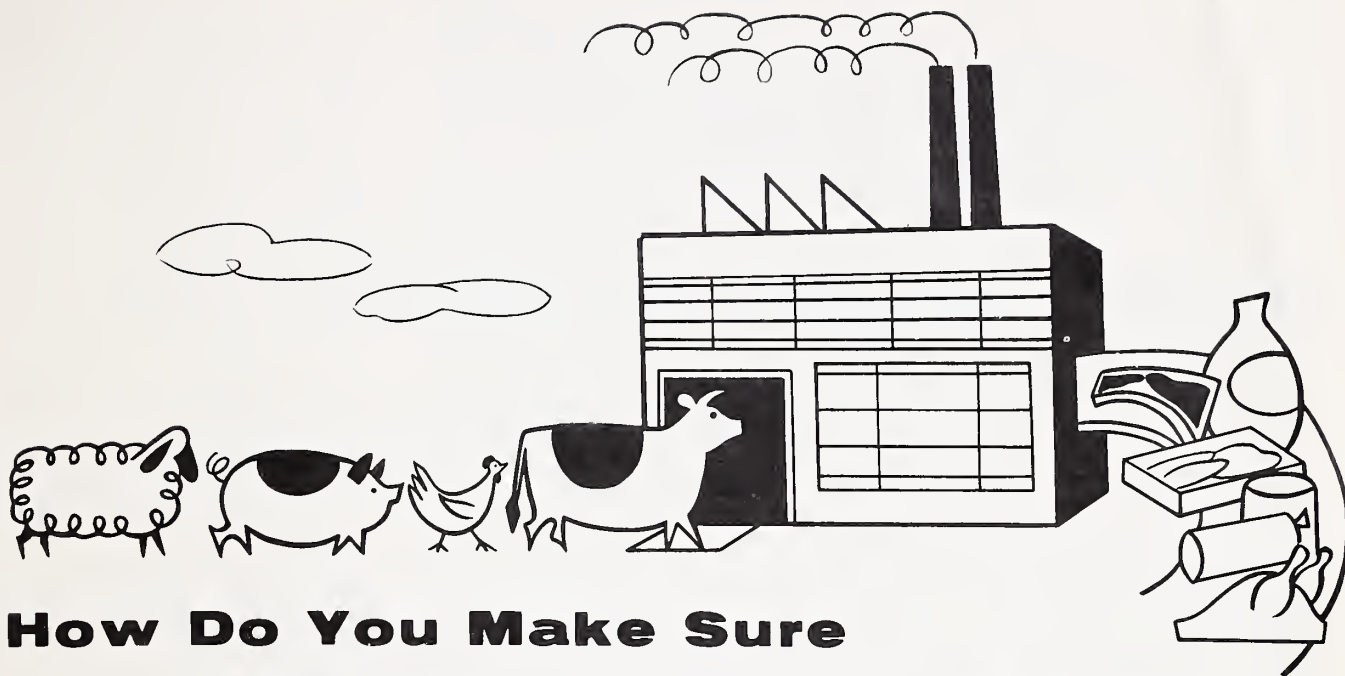
from other inspectors who are detailed to Canada as needed for periods of 30 to 60 days.

Canadian grain-handling facilities are as impressive as those in the United States. Montreal, for example, is the home of five huge grain elevators and elaborate dock facilities. It is a major marketing center for U.S. grain, and plays host to many grain buyers and sellers from both Canada and the United States.

Further downstream are the ports of Trois Rivières and Quebec City, where huge elevators load grain into ocean-going ships from every port of call. Still further down the mighty St. Lawrence is the port of Baie Comeau which houses one of the busiest grain elevators anywhere in the world. Here, 260 miles from Quebec City, grain is loaded from one elevator at the rate of 2,000 bushels per minute, or 120,000 bushels per hour!

And finally, at Port Cartier, 45 miles downstream from Baie Comeau, is the newest grain elevator to be built along the Seaway. This elevator, although not as fast as its sister in Baie Comeau, can still load American grain for export at the rate of 80,000 bushels per hour, and can store a whopping ten million bushels at a time.

It is a long way from Duluth to Montreal, Port Cartier, or other French-Canadian ports. And it is still further to foreign ports where U.S. grain will be delivered to nations dependent on the golden staff of life. Thanks, however, to the joint U.S.-Canadian agreement on grain sampling and inspection along the St. Lawrence, these nations can rely on a continuous supply of grain that meets the quality standards established by the Consumer and Marketing Service. □



How Do You Make Sure THE MEAT YOU BUY IS SAFE?

(Editor's note: This article is designed primarily for educational work with low-income families.)

WHEN YOU buy meat—like pork chops or chicken—you want it to be clean and safe to eat, don't you?

But how do you know it is? Is there any way to tell?

The United States Department of Agriculture has men who make sure it is clean and fit to eat when it leaves the meat plant.

The men—and some women, too—are called *inspectors*. They are right in the plants where cattle, sheep, hogs, chickens, and turkeys are made into food.

The inspectors look at the meat plant—from floor to roof—to make sure everything is clean like a nice white kitchen.

They look at the live animals or birds to be sure they are healthy. Any that are not healthy cannot be made into food for you.

The inspectors keep their eyes on meat as it is prepared. This way, it will be fresh and fit to eat when it leaves the plant and comes to your store. If the inspectors see

any bad meat, they make the plant owners destroy it. No bad meat can be sold by inspected meat plants.

If you see these little round marks, you can be sure the meat you buy has been inspected...

On chicken or turkey, or foods made with them—



On the big cuts of fresh meat like beef, pork, and lamb—



On prepared meat foods like beef pies or on bacon—



If you do not see the marks, and you are not sure—then ask your meat man to show you the marks. □

CONSUMER AND MARKETING BRIEFS

Selected short items on C&MS activities in consumer protection, marketing services, market regulation, and consumer food programs.

MARYLAND TO BUY USDA INSPECTED CANNED FRUITS AND VEGETABLES

Beginning July 1, the State of Maryland will require that all canned fruits and vegetables it buys for State institutions be inspected for quality by the U.S. Department of Agriculture.

Maryland's purchase orders will specify USDA grades of canned fruits and vegetables, and all cases of these foods must show the official inspection stamp of USDA's Consumer and Marketing Service.

Inspection of canned fruits and vegetables is provided, for a fee, by the C&MS Fruit and Vegetable Division.

The Processed Products Standardization and Inspection Branch of the Fruit and Vegetable Division helped the State of Maryland develop the specifications for its purchases of canned fruits and vegetables and other processed foods. This Branch develops U.S. grade standards and provides prompt inspection service to the industry and governmental procurement agencies. □

TWO MILES OF GRAIN "DOWN THE ROAD"

Did you ever get stuck at a railroad crossing and count the freight cars whizzing by? Well, motorists in

Houston, Texas, recently had that "honor" and found out how long a freight train can be. Before the last car passed from view, motorists had counted more than 200 cars—making up the longest trainload of grain ever assembled. The train was loaded at Omaha and Kansas City, and before it reached its destination in Houston, it was about two miles long! The trainload of grain, containing over 700,000 bushels of corn, wheat, and grain sorghum, was routed to Houston so that it could be loaded on board oceangoing vessels destined for foreign ports. All grain exported by grade from an inspection point must be officially inspected by licensed grain inspectors supervised by the Consumer and Marketing Service of the U.S. Department of Agriculture. □

C&MS TAKES PART IN "NEW CAREER OPPORTUNITIES" AT PRAIRIE VIEW A&M

"New Career Opportunities," a program sponsored this year by the National Urban League at Prairie View A&M College, Prairie View, Texas, gave about 4,000 students some ideas about future jobs.

John C. Teas represented the U.S. Department of Agriculture's Consumer and Marketing Service at the program. Teas, who is with the Processed Products Standardization

and Inspection Branch of the C&MS Fruit and Vegetable Division, was one of the 30 career representatives who spoke on their work.

From Teas, the students learned about jobs in developing grade standards and means of measuring quality for canned and frozen fruits and vegetables and in inspecting these products for quality. Teas says the students were very interested in the wide range of C&MS activities. □

U.S. IS LARGEST RICE EXPORTER

The United States is now the largest exporter of rice in the world. Last year, exports exceeded 1.8 million metric tons—most of it officially inspected by the Consumer and Marketing Service of the U.S. Department of Agriculture. □

HIGHER QUALITY STANDARDS FOR RAISINS ADOPTED

Beginning September 1, raisin shipments from California will be restricted to the plumper, sweeter raisins made from riper grapes. That's when new, higher standards of quality—adopted by the raisin industry under its Federal marketing order—will become effective.

The Fruit and Vegetable Division of the Consumer and Marketing

Service, U.S. Department of Agriculture, said the new minimum quality standards apply to California's production of Thompson Seedless raisins. The new standards will raise the quality requirements for raisins that packers may ship to market. And according to C&MS marketing specialists, this will assure food shoppers, bakers, and other users of getting the higher quality raisins.

The current minimum grade requirement is U.S. Grade C. The new standard raises the requirement to "not less than 55 percent Grade B maturity"—meaning more of the plumper, sweeter raisins that are dried from riper grapes will be included in the U.S. Grade C. Minimum quality requirements for producer deliveries to raisin handlers also have been raised.

The tightening of the quality requirements was recommended by the Raisin Administrative Committee, the group of producers and handlers administering the Federal raisin marketing order. □

PLENTIFUL FOODS FOR JULY

Seasonal fruits and vegetables join plentiful eggs, turkeys, and versatile vegetable fats and oils to round out Consumer and Marketing Service's list of foods for July shoppers.

Egg production in July is expected to run close to the year earlier record. Output of turkey meat in July is expected to fall sharply below a year ago. But cold storage holdings may be a fifth larger than last year.

Peach production in 9 Southern States is 70% ahead of last year's short crop. Plums are estimated at 12% greater than a year earlier. With average weather, and yields adjusted for trends, output of early summer watermelons could be up.

Fairly liberal supplies of summer vegetables are expected to be available. As for vegetable fats and oils, supplies may remain larger than potential demands. □

FOOD TIPS

—from USDA's Consumer and Marketing Service

Official USDA grades can help consumers choose good quality *dairy products*, such as butter and Cheddar cheese. U.S. Grade A, for example, assures you of butter that's made from fresh cream. It means the butter will have a pleasing flavor and a fairly smooth texture. On Cheddar cheese, the Grade A shield means a good quality product with a pleasing flavor. The grade shield assures you, first, that the product has been checked by an experienced government grader, and second, that it was produced in a USDA-approved plant. U.S. Grade A on butter and cheese, however, should not be confused with the "Grade A" legend commonly seen on bottles or cartons of fluid milk. "Grade A" on fluid milk is a rating assigned by a State or local agency and indicates compliance with sanitary requirements. □

Although lemonade is usually considered a warm-weather drink, fresh *lemons* are available the year round. And, they are used in a variety of dishes which are served any time of the year. The best lemons have a rich yellow color. They are firm, juicy, and have a reasonably smooth-textured skin. Coarse skin texture is a sign of thick skin and less than normal juice. Avoid lemons with a darker yellow color, soft spots, and punctures—they're signs of age or possible decay. □

You have a choice of flavors when you buy *canned peas*, according to a publication of the U.S. Department of Agriculture's Consumer and Marketing Service. "Shopper's Guide for Canned Peas" says two types of peas are used for canning—the smooth skinned early or early June type, and the dimple-skinned or sweet type.

The Shopper's Guide tells how to read the label, how full a can should be, and all about sizes of peas and nutritional values.

The meaning of the different U.S. grades for canned peas and information on how the consumer can use them is included.

For example, U.S. Grade A or Fancy peas are very tender and flavorful and their color is the typical uniform soft green of canned peas. They make a good side dish or salad ingredient for a special dinner or luncheon.

U.S. Grade B or Extra Standard canned peas are not as tender as Grade A peas but they have a good flavor. They are good as a side dish or for use in casseroles.

U.S. Grade C or Standard canned peas are more mature but have a fairly good flavor. They don't look as good as the higher grades but they are just as nutritious. They are a thrifty buy for a side dish or for use in soups, purees, or souffles. Copies of "Shopper's Guide for Canned Peas," PA-728, are available by postcard request from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250. □

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Papayas eating quality, 4/68/9.
"States Can Team Up Against Common Marketing Problems," 6/67/10.

PACKERS AND STOCKYARDS—GENERAL

Checkweighing program broadened, 5/67/7.

POULTRY—GENERAL

Chicken 3/67/13.
Chicken, 4/67/13.
Poultry roasts, 6/67/13.
School lunch purchase program, 4/67/6.
Turkey, 1/67/13.
"Turkey—From Farm... To Table," 6/67/8.

POULTRY—EGGS

"C&MS Personnel Spotlight on Egg Grader," 1/68/2.
Egg chef workshops, 4/67/13.
Egg products inspection, 1/67/11.
Eggs, 2/67/13.
Eggs, 1/68/14.
Eggs, 6/68/18.
Eggs for Easter, 3/68/20.
Grades, sizes of eggs, 5/67/4.
Grade standards through the years, 5/68/6.
"Know the Eggs You Buy" exhibit, 3/68/17.
Production operation, 10/67/8.
Publication on "How to Buy Eggs", 3/68/19.
Southeastern Egg Quality and Grading School, 5/67/12.
Springtime Egg Festival, 5/68/9.
USDA redesigns egg grade shield, 10/67/3.

POULTRY—GRADING

Billion-dollar market, 6/67/12.
Cross-licensing, 1/67/12.
Domestic farm-raised rabbits are good for eating, 1/68/11.
Duck or goose for holiday eating, 12/67/16.
How to cook and use turkey, 11/67/3.
How to disjoint a chicken, 2/68/8.
Purchase program, 4/67/6.
Sales arrangements for Grade A turkeys, 6/68/12.

POULTRY—MARKET NEWS

"Dairy and Poultry Market News Celebrates Golden Anniversary," 8/67/14.

STANDARDIZATION—GENERAL

Codex Alimentarius Commission drafts standards for fruits and vegetables, 10/67/16.
Codex Alimentarius Commission progress report, 3/67/6.

TOBACCO—INSPECTION

Record-high prices for 1966 flue-cured tobacco, 3/67/15.

TRANSPORTATION AND WAREHOUSE—GENERAL

Checklist for fire prevention and storage management for cotton warehouse, 9/67/13.
Cotton Div. employee suggestion means savings, 7/67/12.
Food management order for national emergency, 11/67/5.
"Licensing of Public Warehouses continued to increase in '67," 1/68/14.
Reduced transportation rates, 8/67/3.
Transportation specialists work toward cost-reducing changes, 3/68/4.
"Transportation Specialists Helped Save Money for Farmers and Consumers," 1/68/13.

OFFICIAL BUSINESS

ISOLATED ISLAND GETS SCHOOL FEEDING PROGRAM

THE VALUE of school feeding in the overall educational picture has been argued pro and con by the experts, but few could deny its importance on Daufuskie Island.

A small island off the South Carolina coast in Beaufort County, Daufuskie has about 134 inhabitants, 33 of which are school children.

At one time, the island had a booming oyster industry, but debris from Savannah and surrounding areas has polluted the waters and killed the beds. Today, there is no industry whatsoever on the island—not even a store—and most of the families are poor.

The only way to reach the island is by boat or helicopter, and even these are useless if the weather is bad. So, the children of Daufuskie seldom have contact with the outside world, or as they call it, "out there."

In spite of this, each day every school child on Daufuskie Island eats a small breakfast and a nutritious, well-balanced lunch made possible by child nutrition programs of the U.S. Department of Agriculture's Consumer and Marketing Service.

Mrs. Julia Johnson, principal and teacher in Daufuskie's two-room school house, said the school food service programs have been as important a part of the children's education as reading and math.

"Until the lunch program was started in 1967, many of the children didn't even know how to use forks and knives," Mrs. Johnson said. "This kind of education is just as essential in getting along in the world as the book type."

Even if children are hungry, they often refuse to try something they've

never tasted before. One of Mrs. Johnson's biggest problems is teaching children about new foods. Before school feeding, most of them had never eaten anything except fish, greens, beans, corn meal and flour.

"I finally got the children interested in new foods by cutting out pictures of tasty-looking foods from different women's magazines," Mrs. Johnson recalled. "If the children saw something they thought was pretty and they might like, I'd make a note of it. Then, the next time I'd order food, the new foods would be included."

"We also use school feeding as a means of teaching the children the importance of proper nutrition," she said. "You'd be amazed at the difference in the health and attitudes of the children since they started eating at school. They feel better now, and they know why."

In addition, they are learning

A student learns the techniques of waiting on tables—with school lunches.



about attractive food preparations, table settings, and etiquette. The children have been taught not only how and when to use silverware, but not to talk while eating, to use napkins, to be excused before leaving the table, and many other table manners.

"The children of Daufuskie need to know how to act when they leave the island," she said. "The way they act, and in turn are treated, will determine to a great extent how they make out for the rest of their lives."

The school food program is also used to teach the older children. When they leave the island to attend high school, they have little money, if any. Mrs. Johnson has trained the boys in the proper methods of waiting on tables during the school lunch hour so they can get summer jobs at hotels or restaurants and thus have enough money to keep themselves in schools.

The older girls have been taught how to work either in the kitchen or as waitresses.

Daufuskie Island's school feeding program didn't just happen. It is the result of much hard work and dedication by people like Mrs. Johnson.

Mrs. Charlotte B. Patterson, supervisor of Beaufort County's school food service programs, and H. E. McCracken, the district superintendent, have also played vital roles in setting up the program. Between them, they have obtained kitchen equipment, made arrangements for storage facilities, transportation of foods to the island, and initiated agreements with the Consumer and Marketing Service to get food and cash assistance. □